

ONE Yoga Fest

Written by Editor

Tuesday, 24 March 2015 13:09 - Last Updated Wednesday, 25 March 2015 04:45



Free yoga tastings . . . Savor the flavor . . .

The teachers of One Yoga Sanctuary, located at 73 Sea Island Pkwy. in Beaufort, are hosting ONE YOGA FEST, a day of free and varied yoga and movement classes for all level practitioners on Saturday, April 4, from 8:30 am – 2:30 pm.

'One Yoga Fest' is one of several free opportunities One Yoga Sanctuary owner Dragana Pavic-Zappia offers annually to give back to the community, to expose people to yoga, and to make yoga accessible to all. The 2015 One Yoga Fest is sponsored in part by Mike Boyne with Kinghorn Insurance. Membership to One Yoga Sanctuary is never required. Prior registration is not required for 'One Yoga Fest.'

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YOGA TASTING SCHEDULE FOR ONE YOGA FEST, APRIL 4



Studio Sunset:

8:30-9:30 am – Core Flow

10-11 am – Gentle Therapeutic/ Floor play

11:10-11:30 am – DEMO - A taste of our future offerings

11:45 am –12:45 p.m. - Asana Lab

1-2 pm –Yoga Flow

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Studio Sunrise:

9-9:45 am – Kid's Yoga

10 -11 am – Flow and Restore

11:45 am – 12:45 p.m. - Specialty Class

Further class detail will be available at www.oneyogasanctuary.com closer to the event date.

One Yoga Sanctuary is an interdisciplinary studio offering many styles and levels of yoga in a serene setting over the sea. The studio offers several donation-based classes and welcomes all to practice regardless of ability to pay. For more information visit www.oneyogasanctuary.com or call (843) 476-1388.